What should you do when an earthquake with a seismic intensity of 4 or higher occurs?

Multilingual Information on Disaster Risk Reduction

1. Protect yourself first.

•Take cover under a desk or table and protect your head with a cushion or bag.

•Stay away from windows, furniture, and light fixtures.

2. Do not rush outside.

•Do not move unnecessarily while the ground is shaking. Watch out for falling objects and furniture.

•If you are outdoors, stay away from building walls, concrete block walls, and vending machines.

3. Check sources of fire and electricity.

•After the shaking stops, turn off gas stoves and other flames.

•If you smell gas or notice anything unusual, do not use fire or electrical switches. Evacuate to a safe place.

4. Check accurate information on TV or radio.

•Check earthquake and tsunami information from the Japan Meteorological Agency and local authorities.

•Even if the shaking on land is weak, an earthquake beneath the sea may cause a tsunami.

5. Secure an evacuation route and evacuate if necessary.

•Open doors and windows to secure an evacuation route.

•If a tsunami warning or advisory is issued, immediately leave the coast and river mouths and evacuate to higher ground or another safe place.

